

September 2009 - Wellness Challenge

Name: _____ Teacher: _____



Sun	Mon	Tue	Wed	Thu	Fri	Sat
CHOICE #1 (Upper)		¹ Practice different balances and exercises when a commercial comes on TV.	² 15-35 curl-ups 10-30 push-ups ³ different stretches (legs & arms)	³ Jump rope or pretend jump rope for 5-10 minutes.	⁴ 15-35 curl-ups 10-30 push-ups ³ different stretches (legs & arms)	⁵ Skip, jog, or gallop around your block 2-5 times w/ a parent.
⁶ Dance any chance you can today. Ask your parent to dance with you.!	⁷ Tap a balloon to yourself or partner for 2-5 minutes.	⁸ 15-35 curl-ups 10-30 push-ups ³ different stretches (legs & arms)	⁹ Jump rope or pretend jump rope for 5-10 minutes.	¹⁰ 15-35 curl-ups 10-30 push-ups ³ different stretches (legs & arms)	¹¹ Do shadow boxing for 3-5 minutes, then 3 different stretches.	¹² Walk along a curb or balance on a balance beam today.
¹³ Take a 30 minute walk with your family.	¹⁴ Jump rope or pretend jump rope for 5-10 minutes.	¹⁵ 15-35 curl-ups 10-30 push-ups ³ different stretches (legs & arms)	¹⁶ Roll up a sock and practice kicking it between 2 objects (shoes, cans, etc.)	¹⁷ 15-35 curl-ups 10-30 push-ups ³ different stretches (legs & arms)	¹⁸ Dance any chance you can today. Ask your parent to dance with you after school.	¹⁹ Go on a short hike or a walk around the block 2-5 times w/ a parent.
²⁰ Practice throwing and catching. Use a ball or rolled up socks.	²¹ 15-35 curl-ups 10-30 push-ups ³ different stretches (legs & arms)	²² Jump rope or pretend jump rope for 5-10 minutes.	²³ 15-35 curl-ups 10-30 push-ups ³ different stretches (legs & arms)	²⁴ While watching TV, practice push-ups. Try to clap on each push-up.	²⁵ 15-35 curl-ups 10-30 push-ups ³ different stretches (legs & arms)	²⁶ Dance any chance you can today. Ask your parent to dance with you.!
²⁷ Go on a short hike or a walk around the block w/ a parent.	²⁸ Play Balloon Volleyball or Keep It Up with a partner or parent.	²⁹ 15-35 curl-ups 10-30 push-ups ³ different stretches (legs & arms)	³⁰ Jump rope or pretend jump rope for 5-10 minutes.	** "Exercise and physical fitness is important for the well being of every child. **		

Start the School year off right-
PLAY EVERY DAY!

In an effort to "Get Active! Stay Active!", we're asking that students and their families commit to exercising on a regular basis. That means exercising 4-7 times per week for at least 20-30 minutes."

I certify that my son/daughter, _____, completed the Wellness Challenge.

Student Signature: _____ **Parent/Guardian Signature:** _____

September 2009 - Wellness Challenge

Name: _____ Teacher: _____



Sun	Mon	Tue	Wed	Thu	Fri	Sat
CHOICE #2 (Upper)		¹ Activity/ Sport: _____	² Activity/ Sport: _____	³ Activity/ Sport: _____	⁴ Activity/ Sport: _____	⁵ Activity/ Sport: _____
⁶ Activity/ Sport: _____	⁷ Activity/ Sport: _____	⁸ Activity/ Sport: _____	⁹ Activity/ Sport: _____	¹⁰ Activity/ Sport: _____	¹¹ Activity/ Sport: _____	¹² Activity/ Sport: _____
¹³ Activity/ Sport: _____	¹⁴ Activity/ Sport: _____	¹⁵ Activity/ Sport: _____	¹⁶ Activity/ Sport: _____	¹⁷ Activity/ Sport: _____	¹⁸ Activity/ Sport: _____	¹⁹ Activity/ Sport: _____
²⁰ Activity/ Sport: _____	²¹ Activity/ Sport: _____	²² Activity/ Sport: _____	²³ Activity/ Sport: _____	²⁴ Activity/ Sport: _____	²⁵ Activity/ Sport: _____	²⁶ Activity/ Sport: _____
²⁷ Activity/ Sport: _____	²⁸ Activity/ Sport: _____	²⁹ Activity/ Sport: _____	³⁰ Activity/ Sport: _____	** "Exercise and physical fitness is important for the well being of every child. **		

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